



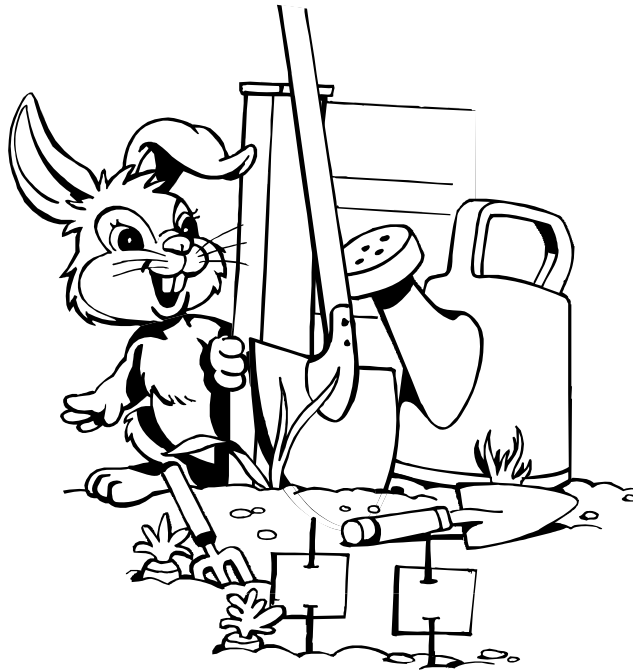
RECREATION DEPARTMENT

*The Heart of the Neighborhood*



THERAPEUTICS

# March / April 2008



## Recreational Programming for Individuals with Special Needs

## Cooking Class

**Parkway Community Center – Kitchen**  
**373 Park Way**  
**Saturdays, 11:00 - 1:00 pm**  
**Ages: 6–Adult**

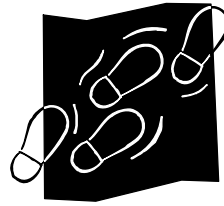


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|----------------------|--------------------|
| <b>March</b>         | <b>8 &amp; 15</b>  |
| <b>April</b>         | <b>12 &amp; 26</b> |
| <b>Members:</b>      | <b>\$2.00</b>      |
| <b>Resident:</b>     | <b>\$4.00</b>      |
| <b>Non-resident:</b> | <b>\$6.00</b>      |

Cooking Class will meet twice a month and focus on table set-up, food preparation, nutrition education and clean-up skills. Class size is limited to 8 participants.  
**Call to register.**

## Free Style Dance

**Parkway Community Center**  
**373 Park Way**  
**Wednesdays, New Session, April 2 - May 21**  
**6:30 - 7:30 pm**  
**Ages: 6–Adult**



It's a fun way to exercise & learn new dance steps. Learn basic hip-hop steps & movements to your favorite songs in this 8-week class.

**COST:**  
**Members: \$22.00**  
**Resident: \$27.00**  
**Non-resident: \$33.00**

## Basketball One on One

**Parkway Community Center**  
**373 Park Way**  
**Tuesdays, March 4, 11, 18 & 25 / April 1, 8, 15 & 22**  
**6:00 - 7:00 pm**  
**Ages: 6–Adult**



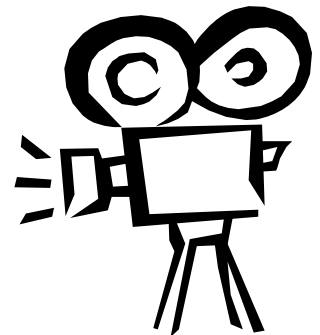
**Free** instruction in basketball basics. Participants will learn ball handling skills, dribbling, passing, shooting and team play.

## Twilight Matinee

**Chula Vista Woman's Club**  
**357 'G' Street**  
**Thursdays, March 13 & 27 / April 3 & 17**  
**6:00 - 8:00 pm**  
**Ages: 6–Adult**

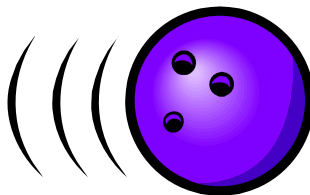
Come join us for a relaxing night!! We'll watch a good movie and have some great tasting popcorn. Participants will have the opportunity to meet new friends, socialize & view a movie.

**FREE**  
**Family Night!!!**



## Leisure Bowling

**Brunswick Premier Lanes**  
**845 Lazo Court, Chula Vista**  
**Sundays, March 2 - April 27**  
**3:30 - 5:30 pm**  
**Ages: 6–Adult**



**No Bowling Easter Sunday**  
**March 23**

Leisure bowling is designed for active children, teenagers, and adults with developmental and/or physical disabilities. Awards & pizza party are held the last day of the session.

**MEMBERS:** \$24.00 registration + \$7.00 weekly bowling fees

**RESIDENT:** \$28.00 registration + \$7.00 weekly bowling fees

**NON-RESIDENT:** \$34.00 registration + \$7.00 weekly bowling fees

**NOTE: Bowling fees**  
**must be paid in cash.**

## Fieldtrips For Everyone

### **March Trip**

#### **USS Midway Tour**

Saturday, March 29 / 11:00 - 3:00 pm

Come aboard America's longest serving aircraft carrier. She was commissioned in 1945 as the largest ship in the world and served until 1992 with the war in Kuwait

Cost: Members - \$15 / Resident - \$20 / Non-resident - \$30

Parent pick-up & drop off at Parkway Community Center

Includes: Bus Ride & Tour, Bring a Sack Lunch & Drink.

Space is limited—Register **now** at the Therapeutics Office.

### **April Trip**

#### **San Diego Harbor Excursion**

Saturday, April 19 / 10:00- 2:00 pm

View the North Island Naval Air Station, Shelter Island, the Naval Submarine Base & Cabrillo National Monument.

Cost: Members - \$10 / Resident - \$15 / Non-resident - \$25

Parent pick-up & drop off at Parkway Community Center

Includes: Bus Ride & Harbor Excursion, Bring a Sack Lunch

**Registration Deadline: April 11 ~ Space is Limited!!!**

## Festival of Friendship

**The Annual Best Buddies Bash**  
**University of California San Diego**  
**9500 Gilman Dr., La Jolla**  
**Saturday, March 1**

The mission of Best Buddies is to enhance the lives of people with intellectual disabilities by providing opportunities for one-to-one friendships and integrated employment.



[www.bestbuddiescalifornia.org](http://www.bestbuddiescalifornia.org)

## Indoor Wheelchair Basketball

**Parkway Community Center**  
**373 Park Way, Chula Vista**  
**Every Thursday, 6:30 - 8:30 pm**  
**Ages: 18 - Adult**

Join the San Diego Xpress Co-Ed Wheelchair basketball practices. It is a challenging sport for athletes with permanent physical disabilities. You must provide your own wheelchair for participation and all ability levels are needed to play. The team is registered under the Southern California Division III who competes against eight other teams in the California division.



## Hand Cycling

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**Greg Rogers School  
510 E. Naples Street**

**Tuesdays, New Session: Tuesdays, April 29 - May 27**

**3:30-5:30 pm**

This introductory hand cycle program is designed for first time riders. This co-sponsored program is for children ages 6-12 years with physical disabilities. Participants will learn how to independently ride and operate a hand cycle while increasing their upper body strength and endurance. Greg Rogers PTA will pay for enrolled students.

**Limited to 10 participants.**



**COST: Resident - \$17.00**

**Non-resident - \$21.00**

## Futures

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**Parkway Community Center  
373 Park Way**

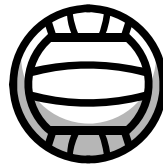
**Saturdays, 9:00 - 11:00 am**

**Ages: 4 - 9 years**

The "FUTURES" wheelchair sports program is geared for children who have permanent physical disabilities. Participants will learn basic ball handling skills, passing, improve wheelchair maneuvering and socialization.

A collaborative partnership with San Diego Adaptive Sports Foundation and the Therapeutics section.

**For more info, call: (619) 336-1086**



**March 1, 8, 22 & 29**

**April 5 & 12**

***April 12 is Tournament Day!***

**Cost: \$10.00 per month**

## San Diego Adaptive Sports Foundation

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**1st Annual SEA SAFARI...a deep sea fishing trip.**

**H & M Landing, 2803 Emerson Street**

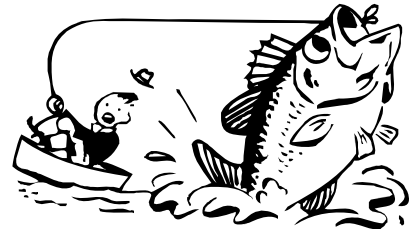
**San Diego, CA 92106**

**Saturday, March 15 - 12:00 pm**

**Cost: FREE**

A fun, adventurous day of fishing on the Pacific Ocean. Children, ages 6 - 17 years old with a physical disability. A limit of one parent or adult can chaperone a child.

**For more information or to register:  
Contact Jezzy Justicia at:  
(619) 336-1806  
or email at [Jezzy@sdasf.org](mailto:Jezzy@sdasf.org)**



## Inclusion Philosophy

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The City Of Chula Vista Recreation Department Therapeutics Section is committed to serving the needs of our community through Inclusive opportunities. We provide an atmosphere in which persons with and without special needs can interact, play and socialize with their peers in an all-inclusive, supportive environment. We have been providing Inclusion since 2002 and it is available for children, teens and adults in all citywide programming. The City Of Chula Vista Recreation Department is dedicated to ensuring all levels of staff are committed to Inclusion.

## **SPECIAL THANK YOU TO THE FOLLOWING:**

### **Blackie's Trophies & Awards**

263 3rd Ave.  
Chula Vista, CA 91910  
(619) 585-4830

### **North Island Credit Union**

Mrs. Susan Skillman  
45 North Broadway  
Chula Vista, CA 91910

### **Koani Trading, LLC**

US Treasury Bond Traders  
Mr. Tim Burke  
2940 Columbia Street  
San Diego, CA 92103

### **Von's Grocery**

John Smith  
620 Dennerly Rd.  
San Diego, CA 92154

### **Ralph's Grocery**

Steve Holden  
659 East Palomar  
Chula Vista, CA 91911

### **Ralph's Grocery**

Jasmine Rodriguez  
780 Otay Lakes Rd.  
Chula Vista, CA 91910

### **Albertson's Grocery**

Mike Martin  
285 E. Orange Ave.  
Chula Vista, CA 91911  
(619) 585-0438

### **Von's Grocery**

Kelly Sanchez  
870 3rd Avenue  
Chula Vista, CA 91911  
(619) 422-2293

### **Von's Grocery**

Ken Harris  
4404 Bonita Rd.  
Bonita, CA 91902

### **Maile's Nails**

325 3rd Ave.  
Chula Vista, CA 91910

### **Costco**

Ernesto Molina  
1130 Broadway  
Chula Vista, CA 91911

### **Costco**

Veronica Mantanona  
895 East H Street  
Chula Vista, CA 91910

### **Henry's Marketplace**

Emily Kamish  
690 3rd Ave.  
Chula Vista, CA 91910

### **Von's Grocery**

Sean Carualo  
505 Telegraph Canyon Rd.  
Chula Vista, CA 91910

### **Hometown Buffet**

Lisa Waln  
930 Dennerly Rd.  
San Diego, CA 92154

### **Don Pedro Taco Shop**

247 3rd Ave.  
Chula Vista, CA 91910

### **Red Lobster**

Michael Rodriguez  
342 F Street  
Chula Vista, CA 91910

### **Aurora's Salon & Day Spa**

247 A 3rd Ave.  
Chula Vista, CA 91910

### **Soup Stone**

310 3rd Ave.  
Chula Vista, CA 91910

### **Mangia Italiano on Third**

Adam & Kathy  
248 Third Avenue  
Chula Vista, CA 91910

### **Fuddrucker's**

Donato Domaguin  
340 3rd Avenue  
Chula Vista, CA 91910

### **California Sushi**

Martin Hernandez  
337 3rd Avenue  
Chula Vista, CA 91910

### **Stella's on Third**

**Restaurant & Catering**  
365 Third Avenue  
Chula Vista, CA 91910

### **La Bella Pizza Garden**

373 3rd Ave.  
Chula Vista, CA 91910

### **A Slender New You**

286 Third Avenue, Ste. B  
Chula Vista, CA 91910

### **Marie Callender's**

**Restaurant & Bakery**  
330 F Street  
Chula Vista, CA 91910

### **Tux City**

345 Third Avenue  
Chula Vista, CA 91910



**CITY OF  
CHULA VISTA**  
Recreation Department  
Therapeutics Section  
270 'F' Street  
Chula Vista, CA 91910  
[www.chulavistaca.gov/rec](http://www.chulavistaca.gov/rec)